

Full Report (All Nutrients) 15159, Mollusks, clam, mixed species, cooked, moist heat

Report Date:September 22, 2015 23:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products**Carbohydrate Factor: 4.11 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	20.0 small 190g
Proximates						
Water	g	63.64	--	--	54.09	120.92
Energy	kcal	148	--	--	126	281
Energy	kJ	618	--	--	525	1174
Protein	g	25.55	--	--	21.72	48.54
Total lipid (fat)	g	1.95	--	--	1.66	3.70
Ash	g	3.74	--	--	3.18	7.11
Carbohydrate, by difference	g	5.13	--	--	4.36	9.75
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	92	--	--	78	175
Iron, Fe	mg	2.81	--	--	2.39	5.34
Magnesium, Mg	mg	18	--	--	15	34
Phosphorus, P	mg	338	--	--	287	642
Potassium, K	mg	628	--	--	534	1193
Sodium, Na ^a	mg	1202	--	--	1022	2284
Zinc, Zn	mg	2.73	--	--	2.32	5.19
Copper, Cu	mg	0.688	--	--	0.585	1.307
Manganese, Mn	mg	1.000	--	--	0.850	1.900
Selenium, Se	µg	64.0	--	--	54.4	121.6
Vitamins						
Vitamin C, total ascorbic acid	mg	22.1	--	--	18.8	42.0
Thiamin	mg	0.150	--	--	0.128	0.285
Riboflavin	mg	0.426	--	--	0.362	0.809

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	20.0 small 190g
Niacin	mg	3.354	--	--	2.851	6.373
Pantothenic acid	mg	0.680	--	--	0.578	1.292
Vitamin B-6	mg	0.110	--	--	0.094	0.209
Folate, total	μg	29	--	--	25	55
Folic acid	μg	0	--	--	0	0
Folate, food	μg	29	--	--	25	55
Folate, DFE	μg	29	--	--	25	55
Vitamin B-12	μg	98.89	--	--	84.06	187.89
Vitamin A, RAE	μg	171	--	--	145	325
Vitamin A, IU	IU	570	--	--	484	1083
Lipids						
Fatty acids, total saturated	g	0.188	--	--	0.160	0.357
14:0	g	0.026	--	--	0.022	0.049
16:0	g	0.120	--	--	0.102	0.228
18:0	g	0.036	--	--	0.031	0.068
Fatty acids, total monounsaturated	g	0.172	--	--	0.146	0.327
16:1 undifferentiated	g	0.044	--	--	0.037	0.084
18:1 undifferentiated	g	0.068	--	--	0.058	0.129
20:1	g	0.036	--	--	0.031	0.068
22:1 undifferentiated	g	0.012	--	--	0.010	0.023
Fatty acids, total polyunsaturated	g	0.552	--	--	0.469	1.049
18:2 undifferentiated	g	0.032	--	--	0.027	0.061
18:3 undifferentiated	g	0.008	--	--	0.007	0.015
18:4	g	0.032	--	--	0.027	0.061
20:4 undifferentiated	g	0.082	--	--	0.070	0.156
20:5 n-3 (EPA)	g	0.138	--	--	0.117	0.262
22:5 n-3 (DPA)	g	0.104	--	--	0.088	0.198
22:6 n-3 (DHA)	g	0.146	--	--	0.124	0.277
Cholesterol	mg	67	--	--	57	127
Amino Acids						
Tryptophan	g	0.286	--	--	0.243	0.543
Threonine	g	1.099	--	--	0.934	2.088
Isoleucine	g	1.112	--	--	0.945	2.113

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	20.0 small 190g
Leucine	g	1.798	--	--	1.528	3.416
Lysine	g	1.909	--	--	1.623	3.627
Methionine	g	0.576	--	--	0.490	1.094
Cystine	g	0.335	--	--	0.285	0.637
Phenylalanine	g	0.915	--	--	0.778	1.738
Tyrosine	g	0.817	--	--	0.694	1.552
Valine	g	1.116	--	--	0.949	2.120
Arginine	g	1.864	--	--	1.584	3.542
Histidine	g	0.490	--	--	0.416	0.931
Alanine	g	1.545	--	--	1.313	2.936
Aspartic acid	g	2.464	--	--	2.094	4.682
Glutamic acid	g	3.474	--	--	2.953	6.601
Glycine	g	1.598	--	--	1.358	3.036
Proline	g	1.042	--	--	0.886	1.980
Serine	g	1.144	--	--	0.972	2.174

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 112 mg sodium/100g.